

TOBACCO

Tea, Coffee, Chocolate, and Drams.

Under the following Heads.

- I. OF SMOAKING Tobacco. II. OF CHEWING.
III. OF SNUFF. IV. OF COFFEE & its Grounds.
V. OF TEA. VI. Of Chocolate. VII. Of Drams.

Clearly Shewing How the SIPPING of these Hot Liquors, Sucking into the Body as much of WIND as Liquor, produces FLATULENCIES, which (by being debar'd a Free Passage Downwards) not only Grumble in the Bowels, & Cause WIND-*Colicks*, Obstructions, Spleen, Vapours, &c.

But also (in WOMEN of a more Strong Constitution) Recoil up to the Head, and Vents themselves entirely in TALKATIVENESS, and other Distempers incident to WOMEN. — All which a Free and Seasonable Vent of the Wind Downwards might have prevented.

TOBACCO, *Potent Herb, and Sweet Repast,
Friend to the Thought, and grateful to the Taste:
Heav'n in this Plant, its Goodness shew'd to Man,
Whose Kindled Leaves such Virtues do contain:
Exhaling healthful Fumes the Head to Clear
Of noxious Humors, and the Spirit cheer.* Thorius.



THIS Book is GIVEN GRATIS, Up One pair of Stairs to the Sign of the Anodyne Necklace without Temple-Bar. At Mrs Gregg's Hostier next Northumberland-House Charing-Cross. And At Mrs Garway's, at the R. Exchange-Gate, Cornhil Side.

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Of the Use of TOBACCO, &c.

TOBACCO (so called from the particular plenty of it in the Isle of *Tabago*, (subject to the *Dutch*, 90 Miles South of *Barbadoes*, in the *West-Indies*) is an Herb, whose use being first brought from *Portugal* into *France* in the Year 1562 by one *Monfieur Nicot*, the *French* Ambassador at that time in *Portugal* (whither it had some little time before been First brought from *America*) is called in Latin *Nicotiana*.

But as yet, it had never been in *England*, but was afterwards First brought over hither from the *West-Indies* in the Year 1583, by Sir *Francis Drake's* Mariners.

And by Reason that the fat Soil of *Virginia* (a Country in *North-America*, first discovered in 1584 in *Q. Elizabeth's* time, by Sir *Walter Rawleigh*, who therefore called it *Virginia*, in honour of his Unmarried Sovereign) produces the Best sort, That which comes from thence, is by consequence the most esteem'd, for any of the Three common Ways of using it, to wit, by SMOAKING, CHEWING, or taking it in SNUF.

The two first ways are design'd to promote a kind of Salivation, or an Evacuation of troublesome Rheum by Spitting. The Last is for the Discharge of Humidity by the Nose.

Of all which in Order as follows.

I. Of SMOAKING Tobacco.

Clusius a Physician of the *Low Countries* about a Century ago, is the First Author that treats of *Smoking Tobacco*.

He tells us in his Treatise of Tobacco, cap. 3. that in the Year 1584 the Country of *Virginia* being First Discovered by the *English*, they found that the Inhabitants did frequently use certain hollow Pipes made of Clay, to draw up the Fume or Smoak of Tobacco Leaves set on Fire, to take away Wearyness, to make them lively at their Work, to Chear their Spirits, and to preserve their Healths.

The *English* returning from thence, brought some of these Pipes, and of the Tobacco, as a very great Rarity, along with them; and since that time (says this Author) the use of Smoaking Tobacco has prevailed in *England*.

Dr. *Venner* an eminent Physician at *Bath*, about the Year 1622, in his Treatise of Tobacco, tells us, that the *Indians* first of all before the use of Pipes came up amongst them, took the Dried Leaves of Tobacco, and cast them on lighted Coals, and then received the Smoak of them at their Mouth and Nose thro' a certain Tunnel, and this to refresh them, and take off Wearyness: so that by this means (says this Author) they were able to return to their Labours and Exercises as Strong and Lusty as before.

This Author prescribes the following Rules for *Smoking Tobacco*.

- 1st. To take a Pipe Fasting.—2^{ly}. A little before Bed time.
- 3^{ly}. Not above 2 Pipes successively. And not to drink much.

SIR Walter Rawleigh in *Q. Elizabeth's Time*, was the first Person of Note, that we find to have *Smoaked Tobacco* in *England*, of whom the following Story is related.

Sir Walter whilst he was in the *Indies* having imitated the *Indians* in Smoaking this their favourite Herb, brought over with him a Stock of it, with some Pipes, which he placed in his Study, and indulged himself in smoking secretly a Pipe or 2 a Day, at which times he ordered a Simple Fellow who waited at his Study Door, to bring him up a Tankard of Ale; always laying aside his Pipe, when he heard him coming.

But being one Day more earnestly than ordinary employed in reading something that amused him, the Fellow entered whilst *Sir Walter* was in his full height of Smoaking.

The poor simple Fellow never having seen Tobacco smok'd before, and seeing a Cloud of Smoak to come out of his Master's Mouth, threw the whole Tankard of Ale full in his Face, and running down stairs, alarm'd the whole Family, telling them that his Master was all on Fire within side of him, and that if they did not make hast up with some Pails of Water to quench him, he would most certainly be burnt to Ashes, but for the present he had help'd to moderate it, by throwing the Ale upon him, till farther Assistance and Water could be got.—But to return to the proposed Subject.

Besides the many laudable Effects of the moderate use of *Smoaking*, as 'tis commonly practis'd, no One thing is so generally Approved of and Recommended by Physicians to prevent and keep off the *PLAGUE* or any other Infectious Distemper, as is the *SMOAKING* of Tobacco.

Since therefore this Dreadful Distemper which of late has so terribly raged in *France*, now threatens equally us with other Neighbouring Countries, it will not be amiss to consider of what Service the *Smoaking* of Tobacco has been in Places where the *Plague* has formerly raged.

Of the Use of Tobacco in the *PLAGUE*.

OUR Countryman, the Great *Dr. Willis*, in his Treatise on the *Plague*, pag. 18. giving an Account of that Dreadful Distemper in *London* in the Year 1665, during which time he constantly visited the Sick, and by consequence was an Eye-witness of that dismal Tragedy then acted, (about a Hundred Thousand Persons having fallen in *London* by it,) expressly says, that the Virtues of Tobacco are so great against the *PLAGUE*, that during that whole Sickness, it was observed that no *Tobacconist's* Houses were Infected.

Nor indeed those who Smok'd Tobacco, especially if they Smok'd in a Morning. And having reckon'd up a great many Preservatives against the *Plague*, concludes thus—

But that which seems at once to fulfill most of these Intentions of keeping off the *Plague*, is Taking *Tobacco* in a Pipe.

For (says this Author) the Smoak of this Plant secures those Parts which lie most open (*viz.* the Mouth, Nostrils, &c.) and at once intercepts and keeps the Contagion that floats in the Air from the Brain, Lungs, and Stomach.

It also stirs the Blood, and Spirits all the Body over, and makes them shake off any Contagion that may adhere to them.

And to prove this farther, he brings the Example of the Great *Diemerbroeck* (an eminent Physician at *Nimeguen* in the *Low Countries*, who personally assisted the Sick, during a great Plague which raged in that City in the Year 1636) and says that this Great Physician, and unquestionable Judge in the present Case, having been so conversant with Persons sick of the *Plague*, as he was, accounts the Smoaking of *Tobacco* not only a Preservative, but says that He himself, when he was several times Infected, by Smoaking of *Tobacco* was presently Cured. Thus far Dr. *Willis*.

Now we'll see what the Great *Diemerbroeck* says himself.

This Great Physician in his Book *De Peste*, relates what Course he himself took for his own Preservation, whilst he daily attended the Sick during the *PLAGUE* at *Nimeguen*.

And amongst the rest says thus:—

After having committed himself to Almighty God by Prayer, about 10 a Clock in the Morning he smoked a Pipe of *Tobacco*: and after Dinner 2 or 3 more, and the like again after Supper: And sometimes 2 or 3 between Meals.

And if at any time he found himself affected with the ill Smell of the Sick, he presently had recourse to his Pipe of *Tobacco*, which he says he found by his own Experience, to be the most effectual Preservative. Provided says this Author that the *Tobacco* be but well prepared. — Thus *Diemerbroeck*.

From whence we may conclude that this Author would not use any Common *Tobacco*, but prepared doubtless a particular sort (as the following is) for his own Use.

Conformable to what has been here said, is an Observation made by Dr. *Everard* in his Treatise of *Tobacco*, to wit: That

Those Colonies in *America*, where they plant much *Tobacco*, are never visited with the *Plague*. But if by Accident it has happened at any time to be carried thither by Shipping, 'tis presently extinguished by the Effluvia of this great Antidote.

An Instance of which happen'd in *Virginia* in 1697, when Rear-Admiral *Nevil* arrived there with his Squadron of Ships.

They carried a very Contagious Sickness with them, of which the Admiral, & many of the Officers and Seamen died.

Yet as soon as they arrived on Shoar, this Disease tho very malignant did not spread at all, but was soon check'd by the wholesome Effluvia of the *Tobacco* the Country abounds with.

(5)

BUT notwithstanding the abovementioned Benefits that may accrue from the moderate Smoaking of Tobacco: Yet there are some Authors, that are no very great Friends to this Plant: And this by reason of a particular Virulent Acrimony and Malignant Quality which Common Tobacco manifestly abounds with, from whence proceed oftentimes many ill Symptoms from the Use of it, and which are particularly experienced when Persons first learn to Smoak.

Now these Authors looking upon this Malignant Quality to be inseparable from the Plant, decry the use of it.

Whereas if Means were but found out, so to Qualifie & take off the BAD Qualities of Tobacco, as still to leave its GOOD ones in their full Force and Vigour, the Smoaking of it as commonly practised, would doubtless prove a most excellent Remedy in many more Cases than it does.

Just as Mercury of it self is a most violent Poison, but if rightly qualified, & prepared; becomes an excellent Remedy.

In order then to Qualify and Take off from Tobacco, its Virulent, Corrosive, Malignant and ILL Qualities, & thereby strengthen and inhance its GOOD ones, which are so valuable in a great many Cases as has been abovementioned.

The following Tobacco is prepared: And which gives a general satisfaction not only in Common Use: — But also

The Fragrant and Delicious Smoak of this particular Tobacco, being impregnated with the more Volatil Particles of those particular Cephalick Herbs and Chymical Aromatick Oils, it is prepared from, destroys in a singular manner whatever Contagious & offensive Effluvia float in the Air surrounding the Person, which makes it Sovereign against Infectious Airs & Distempers, Fogs, Ill-smells, & the PLAGUE by Sea or Land.

Seafaring-men therefore, and Persons trading abroad, cannot Export a more useful Commodity than this TOBACCO.

And which smoaks so very grateful & pleasant in the Mouth, as to be not only an agreeable Amusement and Pastime, but also its Flavour is delightful to a whole Company in the Room.

And of which the following Letter was writ.

Being lately in Town, I was for 10 or 12 Days Lame with the GOUT, but being obliged to go Abroad, I happen'd in Cheapside to be in Company with a Gentleman that Smoaked a very pleasant TOBACCO, the which I enquired after, and he very much Recommended it to me for the GOUT and SORE EYES, with which I was then grievously afflicted.

I bought of it at the Anodyne Necklace without Temple Bar, and by only Smoaking of it, am now as well as I have been these 40 Years, which I will testifie to any Person, that will Enquire for me at the Green Dragon in Bishopsgate street, where I keep a Warehouse with Norwich Stuffs, Trading between Norwich and London.

Jan. 16. 1722.

James Scottow.

For all Persons who Use TOBACCO.

A Particular *Cephalick* and *Ophthalmick* TOBACCO is prepared from the very best VIRGINIA Tobacco impregnated with the Quintessence and Virtues of certain particular Herbs and Chymical Oils appropriated to the Head, Eyes, Stomach, and Lungs.



In order to be much more effectual & Pleasant than any Common Tobacco, not only against the *Plague*, if ever it should unhappily come amongst us, but even for Common Use, for Gentlemen and others that DAYLY Smoak.

1st. It so strengthens and Restores ancient Sight, and preserves young Eyes; that by the Use of it, Persons may (thru the Blessing of *Almighty God*) never come to wear Spectacles:

And if they have already used them, may come to leave them off, it so Strengthens and clears the Sight.

2^{dly}, It brings away Rheums that cause Difficulty of Hearing, Defluxions, Vapours, Headaches, Tooth-aches, the Rheumatism, and GOUT, *Sore, Weak, Watery, & Dim Eyes, &c.*

3^{dly}, It draws off pleasantly by the *Mouth*, Quantities of Water where the Legs pit, and in a Dropsy, so that the use of it may prevent *Tapping*, or even a Salivation in many Cases where Noxious foul Humors want to be drained off.

4^{ly}. It helps to Expectorate and bring up that Flegm that causes *Coughs, Wheezings*, and Difficulty of Breathing.

And a Pipe of it in an Evening, gives a good Night's Rest.

So that those who once try it, will not be without it, ONE Pipe only of it is so very grateful, delicious and pleasant.

It is sealed up in Parcels at One Shilling each, which will last a good while, with Directions. At the Places above.

And (for the Encouragement and Advantage of Buyers) those who take Four Parcels together have them for 3 s. 6 d.

By which means it comes to some little matter more than about 4 s. a Pound.

DIRECTIONS for this Tobacco.

IT is to be Smoakèd either alone, or Mixt (*what Proportion you please*) with your other Tobacco, to which it gives an excellent Flavour and Virtue: And by this Means it lasts a long while & so comes very Cheap. But for the more speedy Relief in any Ailment, 'tis best & *pleasanteſt* to Smoak it quite Alone.

It may be used at any time of the Day, and any Liquor may be drunk during the Use of it, as with common Tobacco.

Those who do not *Smoak*, may reap the abovementioned Benefits, by Drying it in the Sun, or before a Fire, & Rubbing it into Powder, and taking it in SNUFF, either alone:

Or mix it with Common Snuff (about half one, and half the other) And thus it makes a most Delicious Snuff.

More Particulars of this Cephalick Tobacco, and
its Effects farther accounted for.

BUT to give yet some farther Account of this particular Cephalick and Ophthalmick TOBACCO, and to advance nothing concerning it, but what is supported by Reason, and Observations, drawn as well from the Nature of those Cephalick and Stomachick Ingredients, whose Virtues it is loaded and impregnated with, as from the ways of using it, viz. by SMOAKING it in a Pipe: Or taking it in Snuff.

No better way can be taken than by considering,

1st. The Nature and Principles of this particular Tobacco,

2^{ly}. Its different Effects and Operations on the Body.

3^{ly}. The Nature and Use of the Humors it evacuates.—And

Lastly. The Nature and Structure of the Organs it acts upon.

From which Observations will plainly appear in what Circumstances the Use of This Cephalick Tobacco is of benefit.

The Power, Efficacy, and Virtues of this particular Cephalick and Ophthalmick Tobacco, proceed from certain Volatil Pungent Salts joined with an Oily Sulphur, which the Ingredients, whose Virtues with which this Tobacco is impregnated, abound with; and by means of which it is of an Active, Penetrating, Cleansing, and Anodyne Nature.

For being prepared from the very best *Virginia Tobacco*, Qualified as abovementioned, it is thereby divested of the Bad Qualities of Tobacco, and strengthened in the Good Ones.

So that Persons have here all the desirable Good Qualities of Plain Common *Virginia Tobacco*, without its Bad ones.

Which makes This the only Tobacco for Beginners to Learn to Smoak with, whose Infirmities or other Occasions may make the Smoaking of Tobacco adviseable for them, having none of the Ill Effects of Common Tobacco (such as Sickness, Vomiting, Dizziness in the Head, &c. as Learners to Smoak usually experience) attending it; but all the Good Ones.

From the just now mentioned Principles of this Tobacco it is, that when it is smoaked, the following Symptoms arise, viz.

1st. A comfortable Warmth and Flavour in the Mouth.

2^{dly}. A copious discharge of thin limpid troublesome Rheum from the Salival Glands. ——— And

Lastly. A Fragrant delicious Odor, which not only Recreates the Person that smoaks it. but likewise the Company in the Room.

Since therefore the Practice of Smoaking Tobacco, and Taking of it in Snuff, now so generally prevails in the World, nothing can be of greater Service to the Publick than to render it for the Future more beneficial, and useful, than hitherto it has been, purely for want of its being Temper'd and Qualified as it ought, and as here it is for Common use.

And by which This Sovereign Plant (Tobacco) is Divested of all its ILL Qualities, and Strengthened in its GOOD ones.

THE end and intention of Smoaking This Particular Tobacco is to promote chiefly a Discharge of superfluous Rheum and Humors by the way of Spitting, to be of Benefit thereby to Moist and Phlegmatick Constitutions.

Now to know when and to whom a Discharge of Moisture by Spitting is of Benefit, these Rules are to be observed.

1st. When this Salival Fluid, or Spittle is Tainted, and thereby rather hinders than promotes Digestion.

2^{ly}. When it is so sharp as to be Uneasy to the Stomach.

3^{ly}. When a Rheum or Humor has fallen upon any particular Part, but especially about the Head or Stomach. — And

Lastly. When Persons are of a Moist, and Phlegmatick Constitution, Or Dropical Habit of Body, a moderate Discharge of this Saliva is found to be of Service, and for this End it is that This most excellent Tobacco is SMOAKED.

For the Smoak of This Tobacco being impregnated with the more Volatil, active, and Saline Particles of those Cephalick and Stomachick Ingredients it is prepared from, by being thus drawn into the Mouth, it excites the Salival Glands, to discharge their Contents by that pleasant Evacuation of Rheum, which those who Smoak this Tobacco experience.

And by this Discharge of Noxious Rheum by the Mouth.

1st. Head-achs, Vapours, Tooth-achs, &c. are eased.

2^{ly}. The Eyes are cleared and strengthened where a watery Rheum makes them Sore Dim and Weak.

3^{ly}. The Hearing is quickned where the Drum is foul.

4^{ly}. The Breast, Stomach and Lungs are eased where a troublesome Flegm, or a Tainted, or a too Sharp and Corrosive Saliva falls upon, and oppresses them, causing Coughs, Wheezings, and Difficulty of Breathing. — And

Lastly. A Watery Humor is gently Drained and Discharged, where a too great redundance of it, makes it obnoxious to Health, as in a Dropsy, or where the Legs Pit, or the Rheumatism, &c.

And in these Cases it is that This Tobacco is of Service.

For by the Irritation the Fragrant Salts the Smoak of it abounds with, cause on the Fibres in the Mouth, they become more Tense, & Perspire, from whence proceeds that comfortable Refreshing in the Mouth, experienced by those who use it.

Next: By the pungency of these Salts, the Glands and Muscular Fibres of the Mouth are in a particular manner penetrated & compress'd, by which Means a troublesome Rheum is rendered more thin, and so more copiously discharged.

And moreover, the Membrane that covers the Inside of the Mouth, being a continuation of the internal Coat of the Stomach, this irritation is communicated down thither, from whence proceed also many other beneficial Effects on the Stomach as well as in the Mouth, experienced by those Persons who Smoak this particularly prepared Cephalick Tobacco.

II. Of CHEWING of Tobacco.

DR. *Car* in his 2^d Medicinal Epistle concerning the Use of Tobacco says, that by reason of a very Malignant Salt that Tobacco abounds with, the CHEWING of it, is not adviseable.—For if you inject (says this Author) but the least Portion of it into any living Creature thro any Perforation of the Skin, it certainly kills them.

And 'tis well known that the *Indians* dip their Arrows in the Juice of Tobacco, to make them in the highest Degree Venomous.—And from this Venomous Quality it is, that Chewing of Tobacco corrupts, spoils, and taints the Spittle:

And thereby diminishes the Strength of it in Digesting the Food in the Stomach, which makes those Persons who *Chew Tobacco*, seldom have good Stomachs, their Appetite, and Digestive Faculty being Pall'd & Spoiled by this Use of Tobacco.

Nay *Ramazzini* Professor of Physick at *Padua*, tells us in his Treatise of Tobacco, that he knew a great many brought to Consumptions by Chewing Tobacco, who falsely flattered themselves that their Healths were preserved by it.

As to the Evacuation this Practice causes by Spitting, That would be much more healthfully, as well as more Decently effected by moderate Smoaking. So that Chewing of Tobacco is but a SORRY, Indifferent Practice.

III. Of Taking Tobacco in SNUFF.

THE Use of Plain and Common Tobacco in Snuff as usually practised, is looked upon by Physicians, that have writ on this Plant, to be (generally speaking) of none of the best Consequences.—The Reason for it is this.

That by the use of Snuff made of Common Tobacco, as all *Spanish*, *Portuguese*, *Scots*, and other Snuffs are, such as *Glasgow*, *Dundee*, &c.—The Malignant Corrosive Qualities of the Tobacco, by irritating too violently the Internal Coat of the Nostrils, Drain away the thin Matter by it self, and leave the thick behind, whereby the Animal Spirits being obstructed, & Clog'd, Apoplexies are frequently caused.

Insomuch that Physicians observe that more People have Died of Apoplexies in one Year since the Use of Snuff made of Plain Common Tobacco has come up, than before in 100.

Now to Remedy such Evils attending the Use of Common Snuff; THIS Tobacco made into Snuff according to the Directions along with it, is of excellent Service.

For the *Virginia* Tobacco from which This Tobacco is prepared, being here divested of its Malignant ILL Qualities, and strengthened in its GOOD ones, will, when taken in Snuff, answer the desirable Ends of Snuff, in making an Evacuation of offending Humors from the Head, Eyes, &c. without the ill Consequences of it.

IV. Of T E A.

T E A is the Leaf of a little Shrub that grows plentifully in the *East-Indies*.—The Sorts most remarkable are the *Green & Bohea*: The Former so called from its Colour.

The latter from its *Fine Quality*, the word *Bohea* in those Eastern Countries signifying Fine and Delicate.

Hence the *French* call it *Beau Tea*, that is, *Fine Tea*.

Bohea Tea is best in a Morning with Bread and Butter for Breakfast, being of a more nourishing Nature, than the *Green*, which therefore may be used at any other time when a Meal is not wanted.—Both these Teas are of a Diuretick Nature, and good against the Stone, Gravel, Gout, &c.

A great Reason why Tea is now so much used in *Europe*, is because the *Dutch* (who are the greatest Importers of it) Change it Weight for Weight with the Eastern People for *European SAGE*, which THEY value as WE do their Tea.

So that if Sage (especially of that sort called *Sage of Virtue*) Grew only in the *Indies*, we should be as fond of it, as we are now of Tea, it being a Plant of such excellent Virtues, as gave occasion to the Celebrated old (and Bold) Verse.

Cur marietur Homo, cui SALVIA crescit in horto.

Why will any Body Die, that has *SAGE* in their Garden.

About THREE or 4 little Cups of it at a sitting are enough:

A little Milk or Cream (which you please and like best) with Tea renders it smoother, and thereby more powerful in blunting and subduing Acid sharp humors in the Stomach.

V. Of Coffee, Chocolate, and Drams.

COFFEE is a Berry that grows in *Turky*. It is of a drying Quality, & (if well made) good for moist Constitutions.

'Tis an excellent Liquor for the Head, is grateful to, & lies well upon the Stomach, and is good to revive the Spirits.

Dont put Milk to it, which spoils the Virtue of all Coffee.

The Practice of telling Future Events from certain Figures represented in its Grounds Thrown on any thing, is a Vain Observation, & not to be Trusted to, there being no connexion between such a Cause, & any Effect pretended to be Foretold.

CHOCOLATE is a Liquor made from a Nut growing plentifully in the *West-Indies*, & is a pleasant nourishing Food.

But to Speak the Truth, never was a better State of Health enjoyed, than by our Ancestors, when the Toast and good Beer went round for Breakfast in a Morning, before ever Tea, Coffee, Chocolate, or other new Inventions came up.

Persons ought to avoid the habitual use of *DRAMS* and Strong Liquors: Because Custom becoming a Second Nature, their Stomachs crave them as much as Food.

And by such a constant use of them, they Prey upon, & Shrivele up the very Vitals, to the utter Ruin of their Admirers.

VI. Of some certain Effects of these Liquors.

Physicians enquiring why of late Years Obstructions, Spleen, Vapours, &c. are more frequent (especially amongst the Fair Sex) then Formerly, ascribe the Cause to FLATULENCIES not seasonably Vented, from the Use of Tea, Coffee, Chocolate, &c. superseding the Ancient Custom of good Beer with Toast & Nutmeg for Breakfast in a Morning.

Because : In Sipping these Hot Liquors, there is commonly as much WIND as Water Suck'd into the Stomach, which if debar'd a Passage Downwardly, when Nature offers, not only Rumbles and Grumbles in the Belly, and causes the WIND-Cholick, and Gripes, but Recoils up into the Stomach and Head, and causes the Spleen, Obstructions, &c.

But in Women of a more strong Constitution it vents it self Upwards entirely in TALKATIVENESS, according to the Poet

Words Own Wind to be their Mother,

Which Stop't at One end, Burst out at t'Other.

Hence comes the usual Saying, *Sing a Song : Tell a Tale : Or Let a Fart*, implying the absolute Necessity of Vent of Wind, Either One Way or t'Other. Nay Authors go yet farther, & assert that the Want of this Freedom has been the first Cause of even Enthusiasm & other Raveries. As Hudibras observes.

As Wind in Hypochondria Pent

Is but A Fart, if Downward sent :

But if Suppress'd it Upward Flies

And Vents it self in Prophecies.

All which by a Seasonable Vent of Wind Downwards, might have been prevented. Because the Pent up Wind having a free passage One way, would Lessen those Supplies of Wind which set the Mill of the Tongue a going, the Other.

For — *A Fart, tho wholesome does not fail,*

If barr'd a Passage by the Tail,

To Fly Back to the Head again,

And by its Fumes disturb the Brain :

Thus Gun-Powder confin'd you know Sir,

Grows stronger, as 'tis ramm'd the closer ;

But, if in open Air it Fires,

In harmless Smoak its Force expires.

Since therefore such conveniencies accrue from giving Vent Downwards to imprisoned Wind in the Belly, no one ought to object against the Lawfulness of it, without they can shew a Law against it, which 'tis presumed No one can do.

And where there is No Law, there can be no Transgression.

As for the CANON-Law 'tis LOUDLY for it. And the Law of Nature is also entirely on its side. Perhaps the Ladies may think it against the Civil Law :

But they ought to remember that the Severity of that Law was provided against, by K. James the First, on account of a Gentleman's Dying by Suppressing a *Fart* in his Presence :

Upon which the King had immediately Wrote over the Gate, in Great *Capital* Letters, This Inscription.

HERE ALL FARTS ARE FREE.

And *Cambden* observes the Ancient Esteem *Farts* were in, by Lands held by one Baldwin le Pettour (i. e. the *Farter*) at Hemington in Suffolk, by the Tenure of Coming into Court on a Certain Day performing *Saltus*, *Sufflatus*, and *Bumbulus*, that is, *Capering*, *Puffing*, and *Farting*. Camb. p. 464.

As to its being contrary to Custom 'tis no Plea; since the same Authority which introduced *Hoop'd Petticoats*, can also bring This too into Fashion. So that there wants nothing more to make it pass Current, than for some Celebrated Toast of the Town to begin an Example. — And therefore

Si Fartus Venter, Crepitu luctante laborat,
Ars te sanabit, Vento Spiracula dando:
Flatum ne retine, propellito fortiter Hostem,
Rumbulus, & Ructus, Crepitus, Strepitusque juvabunt.

English'd thus, for the Benefit of the Ladies.

If you're oppress'd by Rumbling Wind,
Strain hard to Squeeze it out Behind:
From Puffs, and Crackling Farts. Relief you'll find.

Having thus proved *à Posteriori*, the Lawfulness of this Practice, and the ill Consequences of Suppressing it, it remains to mention the Advantages, the Ladies especially, are like to Reap by an Unlimited, Fearless, and Uncontrouled Freedom and Liberty in it. For, it not only frees them from those Distempers abovementioned, but will also render Peas-Porridge and Bottled Ale extremely wholesome.

'Twill likewise greatly lower the Price of *Daffy's Elixir*.

And will save them a great deal of Expende in Spirits of Hart's Horn to guard them from the Vapours.

Since hereby Persons become their own Apothecaries, & can prepare a Medicine themselves, which will Twitch by the Nose every whit as well a Smelling Bottle.

'Tis also a great promoter of Mirth, for it has been known that One single *Fart*, that by chance made an Escape has rais'd a Laughter for Half an Hour.

And the Celebrated Author of the Book entituled *Laugh and be Fat*, proves Laughing to be a very wholesome Exercise.

Dr. BLOW in his Treatise of the Fundament-alls of Musick, asserts that the First Discovery of Harmony was owing to an Observation of Persons of different Sizes, sounding different Notes in Musick by Breaking of Wind Downwards.

For while One Farted in *Be-Fa-Bimi*, Another was observed to Answer in *Ef-Faut*, and thereby made that agreeable concord called *A Fifth*: Whence that Musical Part of the Body had its Name of *Bum-Fiddle*.

By this Rule it would be an easy Matter to form a Farting Confort, by Ranging Persons of different Sizes in order, as you would *A Ring of Bells*, Or a Set of Organ Pipes, which Entertainment would be much less Criminal over a Tea Table than Calumny, Slander, and Detraction.

And then that Lady would be reckoned the most diverting in Company who is the Readiest at *Reportée*, and to have a good Report behind her Back would be allowed a *Strong Argument* of her Merit. — Having thus explained the many benefits that attend a Free Practise of giving Vent to Pent up Wind Downwards, there needs no other Arguments to the Ladies especially, since their own Ease, Intrest, and Diversion plead in its Favour. — And therefore, as

We've often heard how the imprison'd Wind,
When in the Bowels of the Earth confin'd,
And wanting Vent, whate'er resists, it Tears,
And overturns what th' Earth above it, bears
Whole Towns and People in the wide Rupture fall,
Tho one small Vent at First had sav'd them all.

So in the Microcosm of Man we find,
The like ill Fate attends a *Fart* confin'd;
For Cholic, Vapours, Spleen, and Melancholy
Do wreck those who suppress it, for their Folly.

Hence learn what great Effects small things produce,
Th' Capitol was sav'd from taking by a Goose:
Then don't admire that One small whistling *Fart*
Can guard from Ills the Citadel your Heart

Elixir of LEMONS and SAFFRON.

THat famous BITTER, in Imitation of which *Stoughton's* and other Common *Bitters* are made, but fall far short of it: This being impregnated with the Volatil Salts & Oils of the Best *Lemons & Saffron*, which makes it so great a Cordial in any sudden Illness, Qualms, and Sickneses at Stomach, the HEART-BURN, Cholic, Wind, &c.

Also for Distempers of the Head as Megrims, Head-achs, Dizzynesses & Swimmings, Apoplexies, Palsies, & Distempers of the Nerves and Joints which bring on *Fits of the Gout*.

So that None of the common *Bitters*, as *Stoughton's* and such others come up to it, for Warming, Comforting, & Strengthening a Cold Weak Stomach, & for giving a good Digestion, & a Natural & Hail Appetite, & keeping the Body in good Order
Pr. 1 s. a Bottle with Directions. (Or 4 together for 3 s. 6 d.)

Of the Famous Purging SUGAR PLUMS.



THese PLUMS are Now used in Numbers of Families with Success & Liking. And have nothing at all of Mercury in them.

They differ from *Common Sugar-Plums* in this: That Those at the Confectioners are bigger than These, but as for their Colour, Taste, &c. they may be Eaten as a *Common Sugar-Plum*.

Or Dissolved in Tea or any other Liquor, and consequently are an easy Thing for Men and Women of nice & Squeamish Palates, & Children who will not take Physick; for you may deceive them with a *Sugar-Plum*, when they will take nothing else.

The Use of them is for WORMS, the Rickets, Vomiting, Coughs, the Cholick, Want of Appetite, & Digestion, Foulness of Stomach, Head-achs, Wheezings, Shortness of Breath, AGUES, &c.

And by Eating One or 2 of these Plums, Persons have been so lightsome and Breathed so freely and easy, that nothing but the Trial of them could convince them of their Effect.

And as for Worms, 2 of these Plums brought away alive from the Child of Mr. Dixon in St. Martin's-Lane, a quarter of a Pint.

Price 12 d. a Dozen: Or NINE Shillings a Gros, with Directions along with them, which Every one is desired to Read.

ONE of these PLUMS (which will cost only a Penny, & has nothing at all of Mercury in it) is enough to Purge and Bring away WORMS from a Child of 3, 4 or 5 Years old.

And about a Quarter, or Half a Plum for younger Children.

Give Two to a Child of 6, 7, 8, or 9 Years old.

Three are enough for one of 10, 11, or 12 Years, and Upwards.

And a Man or Woman may eat 4, or 5, as they desire more or less to be Purged, Or to Cure an AGUE or Intermittent Fever.

Being of use in Cases where Cleansing the Body of foul Humors, Bringing away Worms, and Curing of AGUES especially, is required, being a well known thing presently to Cure an Ague with, by taking away the foul Cake and Load that causes the Fit.

This Account of these Plums was sent by the Person who took 'em.

HAVING been near a Year in a very ill State of Health. I threw away a great deal of Money in Physick (having the Advice of several Doctors) to no purpose: I had a great Pain in my Stomach; A spitting Cough; an Intermittent Fever, with frequently the Cholick, Gravel, and Loosness all together, so that I was looked upon past Cure.

At last hearing of the Good these Plums had done to several: I took of them: And in one Days time they made such a Change in me. that I seem'd to be another Person, and in a little time carried off my Distempers. — J. Morgan, in the New Rents, St. Martin's-le-Grand, London.

AND whereas AGUES and Intermitting Fevers so daily elude most Common Methods of Cure, that Great Numbers (especially in Kent, Essex, Suffex, Lincolnshire & other Counties as well as in London) languish a long time under them.

If Families would but Use of these PLUMS, they presently take away an AGUE or Intermitting Fever, when the Bark, & most other means avail nothing: by carrying off out of hand the *Aguish matter* that causes the Fit.



But Those who will not take any thing Inwardly for an Ague, may have The famous PULSE-DROPS that Cured so many of the late Agues, by being only Outwardly applied, and without taking in any thing at the Mouth, 5 s. a Bottle.

Besides: In Case of the Plague or any other Infectious Distemper, These Plums are a good Thing to be given in the beginning of it. And therefore Families would do well to keep a few of these Plums always in a readyness by them, against whatever may happen, since the Plague threatens us.

This is not here mentioned to induce People to lay out a great deal of Money (These Plums being only A Penny a Piece & 2 or 3 of them are enough in most ordinary Cases) but by reason that in the beginning of most common Indispositions, & Distempers, they will do more towards a Cure, thus at a small Charge than many Pompous Medicines of a far greater Price.

And the Buying a Few of these Plums, in order to have so Good a thing always in a Family in readyness by one, can give no great Inconvenience to any ones Purse.

Encouragement to All SHOP-KEEPERS, &c.

ANY Shop-Keeper, House-Keeper, or Others in Town or Country, who will Sell to their Neighbours, Customers & Acquaintance of These PURGING SUGAR PLUMS.

You shall have great Allowance At the Anodyne-NECKLACE without Temple-Bar, with a handsome Printed Sheet to Hang-out, (if you please) with these Words on it in Great Letters

The Famous PURGING SUGAR PLUMS Sold Here.

TAke a Few into your Shop to try & begin with at First. If they Sell, as most certainly they will, when they are but once a little known, you will get more by them, than by many things you Sell: And if they do not Sell, you can be at no Loss: For you may Return them again, at any time.

EVery Person is desired to make known This PROPOSAL to their Correspondents, Friends, and Acquaintance, any where in Town or Country, that they may Take into their Shop These Plums to SELL again, which will be to their Credit and Advantage.

A D V E R T I S E M E N T.

The Following Treatises are All Given Gratis,
OF a BROKEN CONSTITUTION by
Fast Living, Former Cures, Salivations, Mercury,
Courses of Physick, Self-Abuses, Hard Drinking, Late Hours,
Night-work, & other Irregularities of Living.

With an Account of Self-Abuses, the Bane of the major Part
of Mankind, punished in the Person of *Onan*, Gen. 38. 10. And
therefore the Lord slew him, because he had done a Detestable thing.

Containing in the whole the miserable State of those who
have Bartered away their Innocence for a Momentary Satis-
faction, as *Esau* did his Birth right for the Transient sensuality
of a Mess of Pottage, & profusely squandred away, Wasted &
Worn themselves out by the SINS OF THEIR YOUTH.

II. Of the VENEREAL or SECRET Disease,
A Treatise at Length. — Under the following Heads.

1st. How to know Infected Persons from Others, And
Whether a Secret Injury has been Received or Not:

If Received, In what Degree of Infection: And if Well
after former Cures. With Rules for its Cure. As, How much?
And what of Purgings is necessary for the Cure of a Venereal
Injury: And what Degrees of it may be Cured without

Mercury: And what is SAFER when necessary? Why is it
often necessary? And what Method is SAFER for a Cure?

As well for those Persons whose Straitness of Circumstan-
ces can't allow of Expence: As for those whose Affairs will not
admit of Confinement; Nor Constitution the Taking of Physick.

Note. This Treatise is such, as not to shock the most Modest
Class of Mankind: Nor give Offence to the chaste Mind.

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ALL these Books are Given Gratis, to Any
that Asks for them At the Places men-
tioned above in the Title Page. F I N I S.

